

Attachment 2: Sample Packing List

Essentials:

- 🍏 Passport
- 🍏 Credit cards
- 🍏 Antimalarial medicine
- 🍏 Prescription drugs
- 🍏 Bug spray
- 🍏 Cash
- 🍏 Small first-aid kit
- 🍏 Other recommended medicines, first-aid items, etc.
 - Pepto-Bismol and other antidiarrheal medicine
 - Benedril
 - Antibiotic cream
 - Band aids
 - Shampoo
 - Bar soap
 - Shower soap
 - Wet wipes
 - Hand sanitizer
 - Toothbrush + toothpaste
 - Foot powder
 - Cortizone cream
 - Sun screen
- 🍏 Change of clothes for a half the number of days
- 🍏 Moisture-wicking work clothes
- 🍏 Water-proof work shoes
- 🍏 Spare glasses
- 🍏 Sunglasses
- 🍏 Hat

Others:

- 🍏 Laptop + power supply
- 🍏 Cell phone + charger
- 🍏 Digital camera + batteries/charger + spare memory card
- 🍏 Noise-cancelling headphones
- 🍏 MP3 player
- 🍏 Small flashlight
- 🍏 Spare batteries
- 🍏 Plug adapters
- 🍏 Crypto card (LANL personnel)
- 🍏 Bathing suit
- 🍏 Flip-flops or sandals
- 🍏 Alarm clock
- 🍏 Books to read
- 🍏 Pens + paper

Tips:

- 🍏 Carry change of clothes in carry-on bag.
- 🍏 Always carry a bottle of drinking water.